

Eat Smart...It's in the Garden

Newsletter provided by the
SC Department of Agriculture

Satchel Ford Elementary Presents: "Food: The Opera." Stan Perry

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Richland School District One's Satchel Ford Elementary School is an ABC or Arts in Basic Curriculum School, as designated by the SC Arts Commission. However, if you take a closer look at the production efforts of last school year's second graders, you could argue that the "A" in ABC also stands for agriculture.

Earning the designation of an ABC school is achieved through the ABC Advancement grant program. The purpose of the program is to support schools, school districts, or Gifted & Talented Consortia committed to implementing standards-based arts curricula and to making the arts an integral part of the basic curriculum and daily classroom instruction. Satchel Ford was first recognized in 2004 and has continually met the certification criteria to maintain this elite designation.

During the 2008-09 school year, Mr. Nicholas Smith, former conductor of the SC Philharmonic, served as an Artist in Residence for Satchel Ford. The goal for this artist in residency program was to assist the second graders in creating an original opera about food. The students wrote choral poems and helped develop the opera's lyrics which were adapted to familiar selections by George F. Handel. Dances



Students at Satchel Ford Elementary, Gabriela Wood on the left and Eliza Salley on the right.

were created to interpret various food related topics. Costumes were designed to support the theme of the opera. Effective staging, movement, percussive accompaniment and lighting were infused in finalizing the production. Overall responsibility for the production fell to the Satchel Ford ABC arts faculty comprised of Mrs. Barber-Brown (Dance), Mrs. P. Derrick (Visual Art), Mrs. Perry (Music) and Ms. Yelverton (Drama). The world premiere of "FOOD: The Opera" was held on April 21, 2009 under the baton of Mr. Smith, accompanied by Mrs. Perry on

piano and the Satchel Ford fifth grade strings class.

"FOOD: the Opera" was an immense success. Audience favorites included such selections as *The Organic Farmers' Song* and *The Unusual Food Song*, which touted some of the stranger foods consumed around the world. In addition to the opera's critical acclaim the production also helped to raise social awareness by partnering with Harvest Hope Food Bank and Heifer International. You can learn more about Satchel Ford Elementary and their ABC program by visiting <http://satchelford.richlandone.org>.

Upcoming Events

- **SC Ag in the Classroom Summer Institute for Teachers**—
applications available at:
<http://scfb.org/getinvolved/aginthe classroom.aspx>
- **South Carolina Nursery & Landscape Association Trade Show** —
there will be an SC School Gardens booth there this year! Feb 4-6, 2010, Myrtle Beach Convention Center.



Eat Smart, It's in the Garden Mini- Grants Awarded

The South Carolina Department of Agriculture and Eat Smart, Move More SC are excited to announce the recipients of the 2010 Eat Smart, It's in the Garden Mini-Grant program. The nine recipients are: Holly Springs Elementary, Pickens, SC; Gray Court-Owings Elementary, Gray Court, SC; Ford Elementary, Laurens, SC; Okatie Elementary,

Beaufort, SC; Nevitt Forest, Anderson, SC; York Technical, Rock Hill, SC; Summit Drive Elementary, Greenville, SC; Stone Academy, Greenville, SC; and Hendersonville Elementary, Walterboro, SC.

Each grant recipient will be awarded \$1,000 to start or improve a school vegetable garden.

The Eat Smart, It's in the Garden mini-grant program is a partnership between Eat Smart, Move More SC and the S.C. Department of Agriculture that encourages schools to incorporate school gardens, healthy eating habits and agricultural appreciation into their school communities.

The five grant recipients from 2009 will also continue their school garden programs with \$500 grants at their respective schools, as well as serving as mentors and resources for the nine new grant recipients. The mentors are:

Pontiac Elementary, Elgin, SC; Central Child Development Center, Rock Hill, SC; Mellichamp Elementary, Orangeburg, SC; Birchwood Middle School, DJJ and Pauline-Glenn Springs, Pauline, SC.

The grant period runs from January 1, 2010 until June 30, 2010. We will be sharing and publishing success stories in future issues of this newsletter! Congratulations to all of the grant recipients!!

**"Making the Healthy Choice,
the Easy Choice."**

Visit :
www.eatsmartmovemore.org

Sorrells Tree Farm by *Stephen Hudson*

Tracey Sorrells' tree farm in Seneca with its lush rows of trees and rolling hills is idyllic.

In addition to a number of tree varieties including: White

Pine, Carolina Blue Sapphire, Norway spruce, Dixie Fir, and Colorado blue spruce, Sorrells also offers other venues for the kids. These include ducks, and goats to feed. He welcomes school groups throughout the year to learn about Christmas trees.

Locally-grown Christmas trees are good for the environment as many of the trees are recycled by many communities statewide and turned into mulch. The farms that grow Christmas Trees stabilize soil, protect water supplies and provide refuge for wildlife while creating scenic green belts.

Often, Christmas Trees are grown on soil that doesn't support other crops.

Sorrells also works alongside the SC Department of

Natural Resources to provide culled trees from his farm that are used for fish habitats in Lakes Keowee and Hartwell.

"The public needs to buy trees grown here in South Carolina," Sorrells said. "It's good to put the money back into the community."

According to the National Christmas Tree Association, 31,113 real Christmas trees were harvested in South Carolina in 2007.

This Christmas season, pick out the perfect tree for your family by visiting any of the Christmas tree growers here in South Carolina.

For more information about Christmas tree growers here in South Carolina, please check out www.scchristmastrees.org.



**Tracey Sorrells
Sorrells Tree Farm**

156 Radisson Road
Seneca, SC

Open: Nov. 21 - Dec. 23
10 a.m. to 7 p.m. weekdays

New *Barns, BBQ & Bales of Cotton* Book.



The first edition of *Barns, Barbecue & Bales of Cotton* is now available for purchase! www.clemson.edu/cafls

Clemson University's College of Agriculture, Forestry and Life Sciences Alumni Board, in conjunction with the South Carolina Farm Bureau Federation proudly present the commemorative volume of *Barns, Barbecue*

and *Bales of Cotton* book. This 8.5 x 11" limited edition, 160-page hardcover, pictorial collection contains informative text complemented with approximately 230 photographs of South Carolina's rural and agricultural heritage from across the state.

The pictures used in this book were sent in from citizens all across the state and represent the varied cuisines and traditions in the rural areas across South Carolina.

This book will make a perfect gift for anyone who loves barns, southern hospitality, recipes, agriculture or history. All proceeds from the sale of the books will fund South

Carolina youth agricultural education programs and Clemson University scholarships, including the South Carolina Commissioner's School for Agriculture, which is a summer program for rising Juniors and Seniors in high school who learn about career opportunities in the agriculture, forestry and natural resources industries. The books are \$39.95 plus \$3.95 for shipping. You can order the books online using a credit card at www.clemson.edu/cafls. All books will be shipped directly to you.

Get your copy today and see how many barns you recognize from across the state, enjoy the delicious barbecue and fixings' reci-

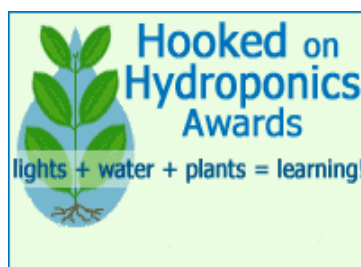
pes and learn all about the rich agricultural heritage of our great state, all in one place!



Barnwell School Awarded National Hydroponics Grant

The Barnwell County Career Center Agricultural Education Department was recently awarded a "Hooked On Hydroponics" grant through the National Gardening Association. The grant is funded by The Grow Store in conjunction with the Progressive Gardening Association.

Hydroponics is a method of growing plants in nutrient solutions (water containing fertilizers) with or without the use of an artificial medium (sand, gravel, vermiculite, sawdust and others). Most hydroponic operations are housed in greenhouses, which allows for greater control of growing variables, and can lead to more efficient growing practices, including conservation of water and great con-



trol of fertilizer run-off.

"The grant will be used to purchase hydroponic equipment needed to install this unique method of gardening on our campus," said Mindy Sandifer, Agricultural Education instructor at the center. "This was my first attempt at submitting a grant proposal and I look forward to using the funds to make hydroponics an integral part of our plant science curriculum," she added.

Amanda Wiggins, Grants Administrator with the National Gardening Association, said the proposal was chosen for the award because the application demonstrated clear educational goals and commitment to helping students gain hands-on experience with the joys and wonders of gardening.

Sandifer learned about this grant opportunity by visiting the School Garden blog where resources and special events are listed related to school gardens and agriculture education. To view the blog, please visit: scschoolgardens.blogspot.com

Comments and success stories are welcome!



Students in the Barnwell High School Ag Education Program with tomatoes being grown as part of their Hydroponics Grant Award. Picture by M. Sandifer.



SC Fruit & Veggies Coloring Books Available!

Recently the South Carolina Department of Agriculture and the South Carolina Department of Health and Environmental Control, Division of Obesity Prevention have partnered together to print and provide *Color Me Healthy* coloring books as a resource to schools encouraging healthy eating habits in school children.

The coloring book features a number of fresh produce items grown in South Carolina and highlights the benefits.

To request copies of the *Color Me Healthy* Coloring book or to download copies of the coloring book and produce availability chart, visit: www.agriculture.sc.gov.

Other similar resources may be found at:

www.certifiedscgrown.com
www.fruitsandveggiematter.gov
www.fruitsandveggiesmorematters.org
www.scdhec.gov/nutrition
www.schoolgardens.blogspot.com

Certified SC Grown



In keeping with the trend for fresh, locally grown produce and products, the South Carolina Department of Agriculture has been working with retailers across the state to promote the Certified SC Grown branding and marketing program. From day one, the goal has been to help consumers easily identify, find and buy South Carolina products. They now are now looking for the Certified SC brand. Through the Fresh on the Menu program, chefs are working to incorporate more locally grown in their menus. Buying local not only benefits farmers and their communities. It's good for the state's health and well-being. Buying local helps decrease the carbon footprint food travels and food that travels less distance is fresher. That means consumers get the best of all possible worlds – great nutritious food at reasonable prices.

We're on the Web!

www.agriculture.sc.gov
www.scschoolgardens.blogspot.com

South Carolina Department of Agriculture



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School Gardens Program

The South Carolina Department of Agriculture started the School Garden Initiative to provide schools and communities alike with the opportunity to learn healthy eating habits, as well as providing an effective and fun way to instill the appreciation for local agriculture and food production in our children and everyone else involved in the garden.

Incorporating the health benefits of gardening activity with the educational process of development reinforces the Department of Agriculture's goals related to promoting the consumption of locally grown products.

For more information about the S.C. School Gardens program and to share information about your school garden program, please contact Beth Crocker at (803) 734-2193 or bcrocker@scda.sc.gov.